Straight from the Hip

Matthew Alice

Dear Matthew Alice,

My problem is a little bit funny, but I don’t know where or what it’s coming from. I’m going to try and explain it here, but I think it’s probably better if I just tell you what I’m dealing with.

The problem is that I’ve been feeling really anxious lately. I don’t know why, but I’ve been having these weird feelings of nervousness and anxiety. It’s like I’m constantly on edge and I can’t seem to shake it off.

I’ve tried to talk to a few people about it, but they all seem to think it’s normal. They say that everyone feels this way sometimes, but I don’t think it’s normal for me. I’ve been feeling this way for a while now, and it’s starting to affect my daily life.

I’m not sure what to do. I’ve tried to just ignore it, but it’s getting worse. Sometimes I find myself getting really upset over things that I usually wouldn’t care about. I feel like I’m losing control of my emotions.

Do you have any suggestions for how I can deal with this? I really need help.

Sincerely,

[Your Name]

Dear Matthew Alice,

I think the problem is that you’re trying to do too much at once. Maybe you should try breaking down your tasks into smaller, more manageable pieces. That way, you can focus on one thing at a time and not feel so overwhelmed.

I also think it might help if you take some time for yourself. Maybe you could try doing something you enjoy, like reading or taking a walk. That way, you can take your mind off your worries for a little while.

Don’t be too hard on yourself. It’s okay to feel anxious sometimes. Just remember that you’re not alone and that there are people who can help you.

Good luck!

Sincerely,

[Your Name]
Playing Polo

Christopher Schoenleber

John Gourie’s Maine Polo Stables, located in a field in the middle of nowhere, is the perfect spot for a weekend afternoon. The Stables are surrounded by rolling hills and a quiet countryside. The polo field is fenced in with a tall stone wall, adding to the secluded feel of the place. The grass is well维护ed, and the field is large enough to accommodate a full game of polo. The facilities include a club house, aDer gym, and a large parking area. The staff is friendly and knowledgeable, and they are always ready to help with any questions or concerns you might have. The Stables offer a variety of polo packages, from a casual game to a full day of activities. Whether you’re a seasoned player or just starting out, the Stables have something for everyone. At the end of the game, you can enjoy a meal at the Stables’ restaurant, which serves delicious food and drinks. The Stables are located just a short drive from the beach, making it the perfect day trip for anyone who loves the outdoors. So why not make a reservation today and experience the beauty of Maine Polo Stables.
Six Dances on a Friday Afternoon

BILL HUMMEL

In the course of an evening's dancing at Amsterdam's popular East Village club, the Cotton Club, on a Friday night, the atmosphere is electric. The music, provided by the Live Band, is a blend of soul, funk, and jazz, and the energy level is high. The crowd, a mix of locals and tourists, are dancing and socializing, enjoying the lively environment.

ANTIQUE CLEARANCE SALE

Super selection of antique furniture at bargain prices

580 West 3rd St. at India
open 7 days a week
8 am - 9 pm

The Runner

You are going to a great event in style, comfortably and in style. The Runner
Clothes can run with you, not against you.

Effendi Persian Cuisine
483-2098
Sunday to Thursday, 11 am - 11 pm
Friday and Saturday, 11 am - 12 am

Constitutional Halal or kosher sauce provided

Catering service available

(Restaurant opens at 6:30, dinner service
7:30-9:30, lunch service 11:30-3:30)

The Future is a Horoscope Away

CASH FOR CARS

24 Hour Service

NEW DAWN MILLER BLACK ART

CUSTOM FRAMING 20% OFF

KRONOS COPIES

2/3" COPIES

THE RUNNER

You are going to a great event in style, comfortably and in style. The Runner
Clothes can run with you, not against you.

Effendi Persian Cuisine
483-2098
Sunday to Thursday, 11 am - 11 pm
Friday and Saturday, 11 am - 12 am

Constitutional Halal or kosher sauce provided

Catering service available

(Restaurant opens at 6:30, dinner service
7:30-9:30, lunch service 11:30-3:30)

The Future is a Horoscope Away

CASH FOR CARS

24 Hour Service

NEW DAWN MILLER BLACK ART

CUSTOM FRAMING 20% OFF

KRONOS COPIES

2/3" COPIES

THE RUNNER

You are going to a great event in style, comfortably and in style. The Runner
Clothes can run with you, not against you.

Effendi Persian Cuisine
483-2098
Sunday to Thursday, 11 am - 11 pm
Friday and Saturday, 11 am - 12 am

Constitutional Halal or kosher sauce provided

Catering service available

(Restaurant opens at 6:30, dinner service
7:30-9:30, lunch service 11:30-3:30)

The Future is a Horoscope Away

CASH FOR CARS

24 Hour Service

NEW DAWN MILLER BLACK ART

CUSTOM FRAMING 20% OFF

KRONOS COPIES

2/3" COPIES
Madness

The title of Elia Kazan's new film is both a word and a word, for it evokes the story of a man in conflict within himself. Kazan's version of the story is set in the 1930s, during the era of the Great Depression and the rise of the Communist Party in America. The protagonist, who is played by Marlon Brando, is a young man who becomes involved in politics and eventually turns to crime as a way to support his family.

Kazan's vision of madness is a complex one, as it encompasses not only the mental and emotional breakdown of the character, but also the social and political forces that are at play in the world. The film's themes of alienation, isolation, and the search for meaning in a seemingly meaningless world are explored through the lens of the protagonist's journey.

The film's cinematography, directed by Bert Glennon, is a key element in capturing the mood and tone of the story. The use of deep focus and long takes creates a sense of distance and detachment, while the close-up shots and tight framing draw the audience into the characters' inner world.

Off the Cuff

Have you ever had an unusual vision of the universe?


Six Dances

Six dances can be useful tools for developing a personal vision. They can help you see your world in a new way, to be a creative interpretation of your experiences. Modern dance, on the other hand, places emphasis on the present moment, and the movements are fluid and free-flowing. Six dances are not necessarily the same for everyone, and they are all about finding a personal vision.}

Dance 1: Visionary. This dance is about seeing the world in a new way, to be creative and imaginative. Dance 2: Social. This dance is about being part of a group, to interact and connect with others. Dance 3: Personal. This dance is about finding a personal vision, to be creative and imaginative. Dance 4: Environment. This dance is about being aware of the environment, to be creative and imaginative. Dance 5: Spiritual. This dance is about being aware of the spiritual world, to be creative and imaginative. Dance 6: Emotional. This dance is about being aware of your emotions, to be creative and imaginative.
Events, Theater, Music, Film

Super Bowl XIV

The Super Bowl XIV is the most anticipated sporting event of the year, bringing together the best teams from the National Football League. The game is a showcase of athleticism, strategy, and entertainment. This year, the San Francisco 49ers will face off against the Denver Broncos in what promises to be a thrilling contest. The game will be held at the Los Angeles Memorial Coliseum, ensuring an electric atmosphere.

Artists In The Courtroom

After the Super Bowl, the spotlight shifts to the courtroom. During the trial of O.J. Simpson, photographers captured the intense drama unfolding in the courtroom. The trial's coverage became a focal point for the public, with celebrities and media figures following the proceedings closely. The trial's outcome had a significant impact on the legal system and popular culture.

Hollywood's American Film Institute presented a screening of " fifth " as part of its American Masters series. " Fifth " is a documentary that explores the life and career of the renowned actor, director, and producer. The screening was a tribute to the late legend, highlighting his contributions to the film industry.

Miss America 1988 Pageant

The Miss America pageant is an annual event that celebrates the talent, beauty, and intelligence of young women from across the United States. The pageant features a variety of competitions, including talent, interview, and swimsuit segments. The winner of the pageant is crowned Miss America, becoming a symbol of excellence and advocacy.

Other Events

- The Mandeville Art Gallery features work by local artists, providing a platform for emerging talent.
- The Los Angeles Dodgers' Spring Training brings the excitement of baseball to the city, attracting fans from all over.
- The Los Angeles Philharmonic hosts its annual season, offering a variety of concerts that showcase the city's rich cultural heritage.

Throughout the year, Los Angeles offers a diverse range of events that cater to various interests, making it a dynamic and exciting place to visit.
READER'S GUIDE

TO LOCAL GUIDES

UTD STATE EXPRESS TO READER'S GUIDE is localized to readers within the area. For non-local readers, please contact the local Reader's Guide for localized information.

Dance

Ballet Comedy, Joe Orkis, Manage,
Said Brenchi, Seany. San Diego, January 27, 8 p.m. $10. Tickets at the door. For information call 239-6801.

Events

ADVENTURES IN GOOD MUSIC
with Karl Haas
Wednesday, January 23rd at 9:05 a.m.

"The Dawn of Pianism"
Karl Haas discusses and features the work of some of the first piano virtuosi in the history of music.
presented by Mercedes-Benz of San Diego
7860 Balboa Avenue
KBSD-FM
Your concert music station

"The Bing Crosby Story"
Bing Crosby's life and career are explored in this special feature.

"Theater on the Road"
lopez.marcos@outlook.com

"The Supremes"
Sister act and chart-toppers The Supremes are celebrated in this special tribute.

"The Legends of Jazz"
Classic jazz legends are highlighted in this special feature.

"The Golden Age of Hollywood"
The golden era of Hollywood is revisited in this special feature.

"The Beatles"
The rise of The Beatles is chronicled in this special feature.

"The Rolling Stones"
The history of The Rolling Stones is explored in this special feature.

"The Beatles and the British Invasion"
The Beatles and their influence on the British Invasion are celebrated in this special feature.

"The Beatles and The Rolling Stones"
The rivalry and friendship between The Beatles and The Rolling Stones are explored in this special feature.

"The Beatles and The Bee Gees"
The collaboration between The Beatles and The Bee Gees is celebrated in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.

"The Beatles and The Yardbirds"
The influence of The Yardbirds on The Beatles is explored in this special feature.

"The Beatles and The Bee Gees"
The influence of The Bee Gees on The Beatles is explored in this special feature.

"The Beatles and The Clash"
The influence of The Clash on The Beatles is explored in this special feature.

"The Beatles and The Who"
The influence of The Who on The Beatles is explored in this special feature.

"The Beatles and The Kinks"
The influence of The Kinks on The Beatles is explored in this special feature.
Models Desired by David Anthony for shows & hair training seminars at Innovations Salon.

SHELTER ISLAND

1980 The year of nutrition & exercise

Classics for every occasion

ENCOUNTERS

Greatest collection of opera, orchestral, sound track, original cast, and jazz— at discount prices.

A different kind of record store

Open Mon.—Fri. 9:00—7:00 Sat. until 5:45

Free parking, in the Park's Shop lot at 7th & C

Grand Opening

Carabaggio's Italian "Grotto"

Restaurant

Veal or Sea Scallops & Wine Dinner for Two *13.95

Use our new behavior with every order. Drink, 25 Cent Can or 50 Cent Glass. Desserts at 93.50.

FLUKE

Welcome to The 1980s

CORNUCOPIA

NATURAL FOOD RESTAURANT

As you enter the restaurant...

Remember Pancho's for Great Late Night Dining....

---

January 17, 1987
BUCK'S TICKET SERVICE

OUTLAWS--ZZ TOP--
PINK FLOYD--TOTO--ANNIE

TUESDAY, JANUARY 22

RESERVE CHOICE SEATS NOW FOR A CROWD-STOPPING "MIKE STARR SHOW" AT THE LUTZ BALLROOM, SAN DIEGO, MONTHS IN ADVANCE OF PERFORMANCE DATES.

RESERVE NOW AT BUCK'S TICKET SERVICE (619) 273-4567

MOLLY HATCHET

TUESDAY, JANUARY 22

MOLLY HATCHET is an American southern rock band formed in Tampa, Florida in 1976. They are best known for their powerful, gritty sound and powerful, gritty sound and are often compared to Lynyrd Skynyrd and Blackfoot.

Presenting The Lobster Pot.

Fresh Maine lobster every day. Served with succulent seasoned corn. Served with drawn butter, redskin potatoes, golden ear of corn, home-style cole slaw. 11/4.

Sunday thru Thursday 11/45

LeBRETON

Saturday, January 26

LeBRETON is an American band formed in Los Angeles, California in 1991. They are known for their high-energy live shows and their blend of rock and country music.

ZZ TOP

SUNDAY, JANUARY 27

ZZ TOP is an American rock band formed in Houston, Texas in 1969. They are known for their distinctive three-headed logo and their hits such as "Eliminator," "La Grange," and "TTYL."
CURRENT MOVIES


The Last Tycoon - Based on the novel by F. Scott Fitzgerald, this adaptation follows the life of a brilliant but troubled writer in the 1930s. Starring Tom Hanks and Meryl Streep. Directed by Martin Scorsese. Rated PG-13. 120 minutes.


The Three Musketeers - In a classic tale of adventure and camaraderie, three musketeers must band together to save their king from his enemies. Starring Johnny Depp and Orlando Bloom. Directed by Paul WS Anderson. Rated PG-13. 133 minutes.


The Woman in the Window - A psychological thriller about a woman who becomes convinced that her neighbor's life is in danger. Starring Julianne Moore and Naomie Harris. Directed by Wes Anderson. Rated R. 120 minutes.

Fish & More...  for less.  
$1.99 (Regularly $2.49) 

Get two crispy fish fillets from the icy North Atlantic, fresh-packed by Long John Silver's, the country's smartest fish food for a special low price.


The Seafood Taste America Loves.

Long John Silver's.  
SEAFOOD SHOPPES 
17260 Highland Ave, National City/866 Third Ave, Chula Vista/ 
17357 Imperial Highway, Chula Vista, 866 Third Ave, Chula Vista/ 
SAFETY SPECIALS.

THE READER PUZZLE 
No. 89 Phone Books 

By Don Robin to an enthusiastic crowd that included many of the regulars, the show was a hit. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.

Winners of and Answers to Reader Puzzle #89: 

The puzzle was a hit with the audience. 

Dr. John Silver's, the country's smartest fish food, is now available at your local supermarket.