Buy One, Get One Free!

Silver queen
4" pot TWO FOR $2

Pothos
4" pot TWO FOR $2

Rattan beach or shopping bag
16" x 16" TWO FOR $1.50

Real Estate

180 Washington St.
3rd & Washington
in Hillcrest
291-025
2nd floor
7 days a week

Reader Writing Contest, see page 4

PUNCH HARD, BUT DON'T GET HIT

Pierre Marchand is soaked in sweat. He stands before a full-length mirror in an East San Diego gym and throws jabs, hooks, and uppercuts at his own reflection. Six feet, four inches tall, 210 pounds, and classically handsome, he studies the movement of his body in the mirror. He is in the fourth month of training for his first professional fight.

and in twenty-five days he will climb into a ring at the Sports Arena to square off with another man before a mob of clamoring fans. For the moment, Marchand prepares.

Eyes intense, arms and shoulders pumping, he is getting ready—like 10,000 boxers before him—to punch his way to the top. He is a blue-eyed Adonis from Montreal, and people who should know say there's nothing that can stop him.

How to Place Your Free Classifieds

Classified ads appear in the Reader on page 23. Classifieds may be placed free of charge provided space permits. Ad copy should not exceed 25 words. The Reader reserves the right to edit copy to conform with our standards. Ad copy must be received by 4 p.m. on Tuesday prior to the publication date.

Newspapers, Magazines, California to C.C.

The Meeting

"Four months ago I was standing in my room," says Dan Hamil, Marchand's manager and architect of the twenty-five-year-old Canadian's career. "One night I went to the Perfecto Room in Mission Valley. There was a young man with a perfect body. If my mind were a bare window, you could see right through it. "I thought he'd make it as a model," Hamil continues. "So I asked him what he did. He said, 'I model for Marchand.' I asked, 'Who's Marchand?' "You're thinking of the model," Hamil laughs. "He said, 'Yeah, I model for Marchand.'"
City Lights

Nothing To Pier But Pier Itself

For the third time, in the midst of the tourist season the star of the show was Burning Man, the internationally renowned gathering of artists, musicians, and thrill-seekers. The event was described once again as "an art and performance festival that celebrates the human spirit and the power of creativity." Attendees came from all over the world to participate in this transformative and inspiring experience.

City Lights

Detective and Captain Cook of Alameda County sheriffs' office

Almost three years ago the Cooke brothers and their brother-in-law, Edward Lee, opened the bookstore in EL Coto. When it failed, the couple decided to try their luck at a drive-in movie theater in nearby Orange. The Cooke brothers stated that they were not interested in running a drive-in, but the opportunity presented itself. They bought the theater and began to screen movies, eventually turning it into a successful venue.

City Lights

An example, be it a mere fraction of the "first" edition copy of "The Adventures of Huckleberry Finn." A copy in the possession of the late author, Mark Twain, has been sold for over $100,000.

City Lights
Tough Way To Make A Burger

The latest in tomatoes is the Trio Topper-Warmer. They are small, round, and
raspberry colored. They grow on the vine like grapes, but are
not edible. The Trio Topper-Warmer is a new kind of tomato. It
is the size of a small apple and has a sweet, fruity flavor. It
is usually sold in pairs, with one for each person. The Trio
Toppers-Warmer can be eaten raw or cooked. They are
especially good in salads, where their sweet, fruity flavor
 stands out. They are also great for making a special kind of
carnitas. Simply roast them in the oven until they are
brown and crispy. Then, use them in a salsa or guacamole. You'll
be amazed at how much better they taste than ordinary
tomatoes. Try them today and discover a whole new
world of tomato delights.

Letters

Your letter to the editor about the
planning of the new high school
building was most welcome. It was
a pleasure to read your thoughts
on the subject. I too have been
concerned about the design of the
new building and I doubt that any
designer can create a building that
will please everyone. However, I do
believe that the new building will
be a step in the right direction for
our school.

It Happened in San Diego...

A Nonfiction Writing Contest

1. All nonfiction entries
   must be postmarked by
   March 15, 1990.

2. Entries should be no
   longer than 1,000 words.

3. All entries must be
   postmarked by March

4. Winners will be
   notified by mail.

5. First prize will be a
   $100 gift certificate.

6. All entries must be
   postmarked by March

Modern Dental Care With Payments You Can Afford.

(TRY OUR DENTAL CHECK-UP SPECIAL)

$1.00

For Indian model, with the magnificently
modern 2000 series model.

Jim Shelton, 935 D.S., 4241 Babcock Ave., San Diego
273-1580

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!

COME TO THE FALL PACIFIC MUSIC FESTIVAL!
Straight from the Hip
Matthew Alice

Dear Matthew Alice,
You are a natural on your signal to me. You're a real expert in the field of literature, and I admire your work. I hope you enjoy the rest of your day. I'll be sure to check out your next book. Thank you for your time.

Sincerely,
[Signature]

Matthew Alice

People who collect stamps, wine, books, or art also collect microphones. They care about the condition of their mics, but who cares? Who cares about the quality of their mics? Perhaps they just want a good mic for their recording sessions and parties. The truth is, if you want a good mic, you need to know what to look for. Here's a list of tips to help you choose the right microphone for your needs.

1. Type of Mic: There are two main types of mics: dynamic and condenser. Dynamic mics are good for vocals and instruments, while condenser mics are better for vocals and acoustic instruments.

2. Sensitivity: This is measured in millivolts per Pascal (mV/Pa). A higher sensitivity means that the mic will pick up more sound.

3. Frequency Response: This is measured in Hertz (Hz). A wider frequency response means that the mic will capture a wider range of sound.

4. Polar Pattern: This refers to the direction in which the mic picks up sound. The most common patterns are cardioid, omnidirectional, and bidirectional.

5. Pickup Angle: This is the angle at which the mic picks up sound. A wider pickup angle means that the mic will pick up more sound from a larger area.

6. Noise: This is measured in millivolts (mV). A lower noise level means that the mic will pick up less background noise.

7. Windscreen: This is a foam or mesh cover that goes over the mic. It helps to reduce wind noise.

8. Cable: This is the wire that connects the mic to the audio equipment. Make sure it's long enough and of good quality.

9. Price: This is the most important factor to consider. You can spend anywhere from $50 to $5,000 on a microphone.

If you're looking for a microphone, I recommend doing some research online and reading reviews. You can also visit a music store and try out different mics to see which one works best for you.

Best regards,
[Your Name]
Punch Hard

Mary is 39 years and a half. She's a professional lawyer. She's the head of the largest law firm in the city. She's also a mother of three children. She's a woman who has everything. But her life is not as it seems.

She has a secret. She's been punching people. Not just any people, but people who are in trouble. She's been punching people to get them out of jail. She's a punching lawyer.

Mary is a punching lawyer because she believes that the system is broken. She believes that the way people are treated in jail is wrong. She believes that people should be treated with respect.

She's been doing it for years. She's been punching people to get them out of jail. She's been doing it because she believes in what she's doing. She believes that she's making a difference.

But her secret is slowly coming out. She's been punched by the police. She's been punched by the judges. She's been punched by thesystem. She's been punched by the people she's been trying to help.

But Mary is not going to stop. She's not going to let anyone stop her. She's going to continue to punch people. She's going to continue to make a difference.

But she knows that she's going to need help. She knows that she's going to need someone to help her. She knows that she's going to need someone to punch for her.

That's where I come in. I'm the punching lawyer. I'm the one who's going to help Mary. I'm the one who's going to make a difference.

I'm going to continue to punch people. I'm going to continue to make a difference. I'm going to continue to help Mary.

But I need help. I need someone to punch for me. I need someone to help me make a difference.

That's where you come in. You're going to help me. You're going to punch for me. You're going to make a difference.

Together we can make a difference. Together we can punch for Mary. Together we can make a difference.

So please, if you want to help, please join me. Please be a punching lawyer. Please help me make a difference. Please punch for Mary.

Mary is 39 years and a half. She's a punching lawyer. She's a woman who believes in what she's doing. She's a woman who's going to continue to punch people. She's a woman who's going to continue to make a difference.

But she needs help. She needs someone to punch for her. She needs someone to help her.

That's where you come in. You're going to help her. You're going to punch for her. You're going to make a difference.

Together we can make a difference. Together we can punch for Mary. Together we can make a difference.

So please, if you want to help, please join me. Please be a punching lawyer. Please help me make a difference. Please punch for Mary.
Punch Hard

Lalu Carle kcaw the, the., personal, personal, personal...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...is...i
Duty Sings

Duty Sings, a group which began in 1974, has been a matter of these women's lives. "Peace and unity is a goal," said one member. "We think duty is a good place to begin." The group's mission is to create an atmosphere of love, understanding, and harmony in all aspects of life. Duty Sings has performed at various events and has been invited to appear on television shows.

The group has a unique style, combining classical and contemporary music. Their performances are known for their emotional depth and spiritual content. Duty Sings aims to reach out to people of different backgrounds and beliefs, promoting a message of peace and understanding.

Miss Rinko S. has written a book about the group's experiences and reflects on the role of duty in life. The book, "Duty: A Journey of Love," explores the group's journey, including the challenges and triumphs they have faced. Miss Rinko S. encourages readers to find their own path of duty and to live a life of purpose.

"We believe in duty," said one member. "It's about taking care of each other and growing together. Duty Sings is a community of women who have come together to create a positive impact on the world."

In conclusion, Duty Sings is a group that strives to instill values of love, understanding, and duty into the lives of its members and those it encounters. Their commitment to peace and unity serves as a beacon of hope in today's world.

Bed Down Comforts

Bed Down Comforts offers a wide range of comforters and bedding options. Their products are designed to provide warmth and comfort, helping you get a good night's sleep. Whether you're looking for a cozy blanket or a luxurious comforter, Bed Down Comforts has something for you.

JEWELRY GIFTS

Jewelry Gifts features unique and exquisite jewelry pieces. From elegant necklaces to stylish earrings, they have a collection that is sure to suit any taste. Their gift wrap is available to make your present even more special.

Le TRAVEL BUREAU

Le TRAVEL BUREAU offers a variety of travel services. They can help you plan your next vacation, book flights, and arrange accommodations. Their experienced agents can also assist you with travel insurance and other travel-related needs.

Europe

Europe is a popular travel destination, known for its rich history, beautiful landscapes, and vibrant cities. Plan your trip with Le TRAVEL BUREAU to experience all that Europe has to offer.

Your trip starts here

Your trip starts here with Le TRAVEL BUREAU. They can help you find the perfect destination and arrange all the necessary travel arrangements. Whether you're looking for a romantic getaway or an adventure-packed trip, Le TRAVEL BUREAU can help you make the most of your Europe vacation.

Remember when you want one

Remember when you want one with Abalone Beaufort. Abalone Beaufort offers a variety of delicious seafood dishes that are sure to satisfy your taste buds. Their fresh ingredients and expert cooking make for a memorable dining experience.

The Bare Woods makes the good one

The Bare Woods makes the good one with their unique and flavorful dishes. Their commitment to using fresh, local ingredients and traditional cooking methods sets them apart. Visit them to experience the taste of the good one.
ELEGANCE VENICE

RESTAURANT

The Restaurant: Luca and Larry's Canteen

The Location: 8999 Villa del Norte, La Jolla, La Jolla, CA 92037

Price Range: $10 to $15

Hours: 11:00 A.M. to 5:00 P.M. Monday through Thursday, 11:00 A.M. to 9:00 P.M. Friday and Saturday

We asked Luca and Larry about their beautiful new restaurant, which has been in operation for five years. We asked about their plans for the future, and they revealed that they are thinking about expanding the menu to include more seafood dishes. We asked if they had any favorite dishes, and they both agreed that the best dish is the seafood platter. We also asked if they had any advice for other restaurants, and they both recommended focusing on quality ingredients and excellent service. Overall, the restaurant was a hit and we highly recommend it to anyone looking for a delicious meal.
The Stamps Act

JEFF SMITH

Novelist Thomas Pynchon once said with reference to the bureaucratic labyrinth that obscured present-day life, "You can't get a parking ticket out of it." The same could be said of the U.S. Postal Service. And the same is true for the stamps system, which is a complex and bureaucratic maze that is not easily navigated.

The stamps system is based on a combination of factors, including the need for revenue and the desire to maintain uniformity. It is a system that has evolved over time and is continuously changing. The stamps act of 1845 was the first federal law to regulate the sale of stamps, and it remains in effect today.

Despite its complexity, the stamps system is actually quite simple. It is a system that is designed to be fair and to ensure that the correct amount of revenue is collected. While it may be difficult to understand at first, the stamps system is actually quite straightforward.

The key to understanding the stamps system is to recognize that it is a system that is based on a combination of factors, including the need for revenue and the desire to maintain uniformity. It is a system that has evolved over time and is continuously changing. The stamps act of 1845 was the first federal law to regulate the sale of stamps, and it remains in effect today.

Despite its complexity, the stamps system is actually quite simple. It is a system that is designed to be fair and to ensure that the correct amount of revenue is collected. While it may be difficult to understand at first, the stamps system is actually quite straightforward.
Dance
Classical Theatre and Stage from 6 to 6:45 p.m. at the Luminous Moments, Thursday, September 27th, 10 a.m. at the Victims Theatre, and Thursday, September 27th, 6:45 p.m. at the Eighth Theatre.

Dance Jamboree 2004 will be held at the Rocky Point River Park, 10 a.m. to 11 p.m. on Saturday, September 23rd. The event will feature dance competitions, live music, and food concessions.

Film
"Cabin Fever" will screen at the University Theater, 7 p.m. on Thursday, September 30th. All proceeds from the event will go to the University Church of San Diego. The event will feature snacks and a cash bar.

Free Lecture Series
The Institute of Sound Recording is hosting a series of free lectures on various topics related to recording engineering and music industries. The lectures will be held on the following dates:
- September 15: Recording Engineer - Record Production
- September 22: Live Sound Recording
- September 29: Studio Maintenance - And Much More

Music
The San Diego Jazz Band will perform at the San Diego North End Jazz Theater, 7 p.m. on Saturday, September 15th. The performance will feature a variety of musical styles, including jazz, blues, and rock.

Lectures
"The History of the American Indian" will be the topic of a lecture by Dr. Mary Smith at the San Diego Museum of Art, 7 p.m. on Thursday, September 20th. The lecture will cover the rich history and culture of the American Indian.

Special Events
The San Diego Rock Bed will be held at the San Diego County Fair, 3 p.m. on Saturday, September 15th. The event will feature live music, craft vendors, and food concessions.

To Local Events
- "A Town Meeting Through TV" on San Diego Land use & Development: Saturday, September 13 from 9:30 to 1:00 p.m.
- "Coast Watch '80" Fish Derby: Saturday, September 23 from 9:00 to 1:00 p.m.
- "Ballet Folklórico Nacional" at the San Diego Civic Theatre: Saturday, September 23rd at 7:30 p.m.

For more information on these and other events, please visit the San Diego Chamber of Commerce website or call 619-234-1010.
TONY
“Mr. Music”
COLUMBO
Oldies but Goodies
Santa, Eva, Tater, Kinks, Merle, Hank, Buddy, Black, Buddy, Country, Ray, Van, Little, Motown, Jerry, Sonny, Tracy, United, Clarence
Every Tuesday—Saturday 8:30 p.m.—1:30 a.m.

THE HOLLIS
GENTRY QUARTET
Bill Collins, Claude Bell, Andrews, Jim Gilbert
Every Sunday & Monday 9—Midnight
The TOP OF THE ARC. San Diego's highest downtown location in an effort to offer the best in dance music. We are determined to play the music that keeps us going. Expect the best in live entertainment and dance. Stop by THE Arc Monday through Thursday, 9—Midnight, for our TOP OF THE ARC acoustic band. ONLY HERE AT THE ARC.

WINNERS FELL IN LOVE AT THE BELLY UP TAVERN

BUDDY TAVERN
Proudly Presents
Fri.. Sept. 12 beginning at 9 p.m.
For those people who want to dance to some of the finest rock and roll ever to come off our stage
JERRY RIOPELLE
with THUMPER

SAT. Sept. 13 shows 8 & 11 p.m.
For those who want to see and experience Jerry’s unique musical styling, we are presenting two special concert shows with special guest, artist/songwriter:
JACK TEMPCHIN
Dangerous Stranger,
on Little Eskimo Records.
available at Tower Records.
143 So. Cedros Ave, Solana Beach (1 blk. east of Coast Hwy., off Lomas Santa Fe)

READER’S GUIDE TO THE MUSIC SCENE
This Week’s Concerts

Fri. & Sat. The best of dance music with DJ Felix Taverna
Sun. & Mon. The Country Hoedown
Old time fiddling with San Diego’s best Country and Western groups
Mon. Monday Night Football Party
Large Screen TV Happy Hour 4—7 p.m.
Drink specials Pepperoni pizza and beer $1.00
 Tues.
The K-105 We Love You Party
Dance lessons @50 dance contests Get here early
Wed.
$100 Cash for Ladies’ Night
$100 for the fastest lady
50 cent libations for ladies and drink specials

This Week’s Concerts

Fridays & Saturdays
The Beach Club
Untouchable

Poster Emporium
Ticket Service
Muhammad Ali Fight
George Benson
Amie Cars
Yes
B52s
Van Halen
Elton John

Stone’s Throw
High Class Reunion

Fish House Jazz West

Grand Opening

Ellison Young

Happy Hour 4—6 Daily

THE BEACH HUT
3745 Mission Blvd.
Mission Beach
Voted Best Bar & Restaurant

Buchanan

Birthday

LIVE

Budweiser

Bud Light

Stag

Four Aces

LIVE

LIVE

LIVE

LIVE
**Thunderbolt the Wondercolt**

San Diego Concerts

Saturday, Nov. 12

Murray's Rhythm Method

**Shake**

**MONKS**

CARYN ROBIN & RAVE

Monday Night Football

Theme Show $5 and Free Items

**O’HUNGRY’S**

OPEN "MIKE" NIGHT

Every Sunday and Monday

7:30-11:30

Compete for

$200 in cash & prizes!

2547 San Diego Ave.

298-0133

**THE WINDJAMMER**

Cardiff by the sea, California

Yeah Yeah Yeah

BEATLES

**REBEL’S**

LAST WEEK
BAR NONE!

A-Andalucia, you'll find the tropic expressions of coffee and specialty drinks in town and a unique blend of nightlife entertainment.

Sunday through Wednesday, Steve Laus, Thursday, Friday, and Saturday, our 4pm to 9pm show brings a touch of entertainment.

Andalucia is the perfect place to rest and relax, to kindle romance, or to get attention. Bar none!
R レーダーのガイド: マイクのシーン

Unique Entertainment
Dance Music - Show etc.

GEO. J.
and the Nani Islanders

Eagle 1 Presents the new
circle o
"The Best in the West"
for Country Western
Dining & Dancing
We are opening Wednesday, Sept. 17th with
"Cryin' Sakes"

Featuring Bob Russell on the fiddle
Open Daily 11 a.m.-2 a.m.
Band begins at 9 p.m.

Eagle 1 Bowl
945 San Marcos Blvd.
San Marcos
744-7100
Andy's Hair Stylists
A New Fall Look
Hirschi Apple Rendezvous
Perms $25
Frosting $30

SHRIMP SALE
50% OFF

Kirk Bates
San Diego's greatest entertainer comes to Shelter Island's first and finest night club.
Tuesday thru Saturday 9:00 p.m.—1:00 a.m.
Happy Hour 4:00 p.m.—9:00 p.m.
All drinks $1.50

THE VOYAGER
1901 Shelter Island Drive
222-0421

California Attractions & WSB-FM 91.5 sponsors
E.A. 's hottest! New Wave Band

LOOKING FOR NEW MUSIC???

Off The Record has a great selection of rock 'n roll albums and 45s!

WANT NEW WAVE? WANT REGGAE? WE'VE GOT IT ALL, AND MORE!
ROCKABLY - IMPORTS - HEAVY METAL - '90s & '80s MUSIC.
AS WELL AS T-SHIRTS, BUTTONS AND MAGAZINES.

THE LOADING ZONE
San Diego's newest Rock Emporium
It's A Way Of Life

HABITS
No cover, no dress code, no doorway bar
San Diego's No. 1 rock innovation giving you
HAPPY HOURS
5 to 7 p.m.
21 and up, open 7 days

OLDIES NIGHT
2 shows of beauty for 1 dollar.

BEATLES & STONES
$1 off drinks

WIDE SCREEN SPORTS
Baseball, football, basketball, tennis, hockey, soccer

At Shelter Island and Hillcrest

3153 Soledad St, Hillcrest 488-0531

WE BUY AND SELL USED RECORDS

At Shelter Island and Hillcrest

3153 Soledad St, Hillcrest 488-0531

WE BUY AND SELL USED RECORDS
Nothing Special at
American Dream Music

- Our guitars, effects & amplifiers are always discounted.
- Strings are always two-for-one (except classic & banjo)
- We always pass on savings of special purchases to our customers.

Nothing special; just our way of doing business.

Up to 40% Off Special Effects
(Boss, MXR, DOD, Electro-Harmonix)

*50% for our Line 20-foot guitar cords. List $12*
(Comparable savings for other leads)

Fender and Music Man

products now available.
(Accept nothing less than courteous, professional service both before and after your purchase.)

New location 63rd & El Cajon 582-1090
10-7 Mon-Sat. Sun. 12-5

Trade

We trade in your unwanted musical equipment, instruments, amplifiers, effects, etc. at a reasonable price. We accept any brand and any condition. We also provide professional repair work at reasonable prices.

Jobs

We are always looking for experienced musicians to join our team. Please stop by for more information.

Rides

We offer free rides to any of our locations. Just let us know when you can make it and we'll be there to pick you up.

ClothesTime

A simple Back-to-School Equation:
ClothesTime x 1/2 Price = Savings

V Neck SWEATER $3 88
Five FREE MOPEDS
Register now!

Coming Soon - La Mesa and Clairemont

MIRA MESA
9001 Mira Mesa Blvd.
(714) 595-1900
ALPHA BETTA
SHOPPING CENTER

OCEANSIDE
1830 Oceanside Blvd.
No. A
(714) 439-1992
BRO PLAZA

EL CAJON
825 Jacaman Street
(714) 447-5334
WILDWEST CENTER AT
FLETCHER PARKWAY


**Hard Times Sell-A-Thon**

**Up to 50% off on all merchandise**

**Sponsor:** Reid Coffman Productions

**Dates:** September 30th & October 1st

**Location:** San Diego Sports Arena

**Free Parking:**

**Live entertainment: Special appearance by Captain America**

**Admission:** Adults $2.00, Children under $1.00

**Contact Lenses**

- Soft
- Astigmatic Soft
- Hard
- Oxygen Permeable Hard

**In addition to all types of glasses**

**SOFT LENSES**

**ASTIGMATIC SOFT LENSES**

**HARD LENSES**

**OXYGEN PERMEABLE HARD LENSES**

**Contact Lenses - How They Work**

**SOFT LENSES**

- Made of plastic
- Allows oxygen to pass through
- Comfortable to wear

**ASTIGMATIC SOFT LENSES**

- For those with astigmatism
- Allows oxygen to pass through
- Comfortable to wear

**HARD LENSES**

- Made of plastic
- Not as comfortable as soft lenses
- But do not allow oxygen to pass through

**OXYGEN PERMEABLE HARD LENSES**

- Made of plastic
- Allows oxygen to pass through
- Most comfortable to wear

**Cost**

- Soft: $25.00
- Astigmatic Soft: $30.00
- Hard: $40.00
- Oxygen Permeable Hard: $50.00

**Prescription**

- A complete medical and optometric exam is taken by a nurse, questionnaire, and personally reviewed by the doctor.

**Shapton's Vision Center**

- An automated lensmeter analyses your eyes and prints out a preliminary prescription without the patient making any judgment.

**Refractive Error**

- The examination the doctor performs to determine your prescription.

**Non-Contact Tonometry**

- Checks pressure inside your eye for glaucoma. It uses a gentle puff of air to measure.

**Automatic Perimeter**

- Checks peripheral vision for abnormal blind spots which are indicators of many eye and brain diseases.

**Infrared Fundus Photography**

- A photograph is taken of the back of your eye, the retina, to check for minor diseases and for baseline use. Infrared light is used, therefore no drops are needed.

**Slit Lamp Microscopy**

- Special instrument to check the front part of the eye, the iris, the 10,000 microscopic details of the cornea.

**Automatic Electronic Lensmeter**

- Analyzes your existing glasses for extreme accuracy. For comparison with the Shapton's vision center.

**Optical Microscopy**

- A procedure using a high-powered microscope to check the health of your eyes and to compare with the fundus photographs.

**Fixation Dexterity**

- Indicates how well the two eyes coordinate together and the amount of Visual Field.

**Stereopsis**

- Indicates depth perception and quality of vision at reading distance.

**Color Vision**

- Checks for normal and the type of abnormal color vision. Eight percent of all males have some degree of color blindness.

**Dr. D.H. Arora**

- Dr. D.A. Rondak

**VisionCare**

1939 Grand Avenue, San Diego, CA 92101

Mastercharge, Visa, Mastercard and Visa accepted.