Run and Grow Sane

... Maybe

Theodore Kozubala was jogging when he had the vision. As a long-distance runner he was accustomed to hallucinations, but this one turned out to be rather significant. The psychiatrist was up in the Sierras of northern California when he saw an extra mountain, one not normally there.

By Jeannette DeWye
Straight from the Hip
Matthew Alice

Dear Matthew Alice,
I would like to start this letter by saying how much I enjoyed your recent article on San Diego Radiology. I have been a patient of Dr. Smith for several years now, and your article has really made me appreciate the hard work and dedication that goes into maintaining such a high level of care. It is heartening to know that there are doctors like Dr. Smith who are truly committed to providing the best possible care for their patients.

I was particularly impressed with your description of the imaging technologies used at San Diego Radiology. The advancements in technology have truly revolutionized the field of radiology, and it is exciting to see how the practice is at the forefront of these developments. The article also highlighted the importance of patient care and the roles of the staff, which is reassuring to know that things are in good hands.

I hope that you continue to write about such important topics, and I look forward to reading your future articles.

Sincerely,
[Your Name]
Keys to the Kingdom

ROBERT N. BAVO

Part of a "story of the Sunday" in <name> on <date>, this was a review of a performance by <artist> at <venue> on <date>. The reviewer describes the performance as "awesome," with the pianist demonstrating "five or six" keys to the kingdom.

The reviewer notes that the pianist "gives a sense of the power of music, and the ability to use that power to create something beautiful and powerful." The performance is described as "a journey into the depths of the soul," with the pianist "taking the audience on a之旅 into the realm of the divine." The reviewer also comments on the "passion and intensity" of the performance, and the "magnificent" way in which the pianist uses the keyboard to express a range of emotions.

The reviewer concludes by saying that the performance was "a true work of art," and that the pianist "has a gift for connecting with the audience." The performance, the reviewer notes, was "a reminder of the power of music to inspire and uplift," and that it was "a true testament to the power of music."
Sanyo AM/FM Stereo/Cassette

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Reader's Guide

Lectures
"Aging: The Shock of Old Age" will be presented Thursday at 8 p.m. by Dr. David Block at Oak Park High School, 22411 Oak Park Blvd., in La Mirada.

Music
The Monday Night Jazz Band will perform Monday at 8 p.m. at the Hollywood Bowl, 2301 N. Highland Ave., Hollywood.

To Local Events

Anchorage, Alaska, will host a Nocturnal Animal Program for children and adults on Saturday at 7:30 p.m. at the Anchorage Museum of History and Art, 6000 Abbott Dr., Anchorage.

Radio/TV

Sports

Events

International Rugby

October 6, 1990, will mark the historic clean-up between the New Zealand and the Rugby team. The game is only a few months of the Rugby tournament. The event will be held at the roast before looking for the best players to attend.

What: A New Zealand "All Blacks"

Where: San Diego Stadium, San Diego, CA

When: 7:00 p.m. Wednesday, October 6, 1990

Tickets available at select seat outlets.

Bill: GABRIEL SULLIVAN, STANLEY ANDREWS, STANLEY ANDREWS - TICKET OFFICE 714-440-1105

Stage

The Comedy Store presents Dave Cady and Mike McCallum with Dave Jones and Mark Aldrich.

International Rugby

Class: 4-2, 5-4, 7-6, 6-2, 6-3, 5-7, 6-4, 7-5, 7-6

Class: 5-4, 7-6, 6-2, 6-3, 5-7, 6-4, 7-5, 7-6

Class: 6-4, 7-5, 7-6, 6-2, 6-3, 5-7, 6-4, 7-5, 7-6

Class: 7-5, 7-6, 6-2, 6-3, 5-7, 6-4, 7-5, 7-6

Class: 8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0, 8-0

Class: 9-0, 9-0, 9-0, 9-0, 9-0, 9-0, 9-0, 9-0, 9-0

Class: 10-0, 10-0, 10-0, 10-0, 10-0, 10-0, 10-0, 10-0, 10-0

Class: 11-0, 11-0, 11-0, 11-0, 11-0, 11-0, 11-0, 11-0, 11-0

Class: 12-0, 12-0, 12-0, 12-0, 12-0, 12-0, 12-0, 12-0, 12-0

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Class: 14-0, 14-0, 14-0, 14-0, 14-0, 14-0, 14-0, 14-0, 14-0

Class: 15-0, 15-0, 15-0, 15-0, 15-0, 15-0, 15-0, 15-0, 15-0

Class: 16-0, 16-0, 16-0, 16-0, 16-0, 16-0, 16-0, 16-0, 16-0

Class: 17-0, 17-0, 17-0, 17-0, 17-0, 17-0, 17-0, 17-0, 17-0

Class: 18-0, 18-0, 18-0, 18-0, 18-0, 18-0, 18-0, 18-0, 18-0

Class: 19-0, 19-0, 19-0, 19-0, 19-0, 19-0, 19-0, 19-0, 19-0

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READER'S GUIDE TO LOCAL EVENTS

SANTURACH The Twentieth
An Evening of Classical
Music. Presented by the San
Diego Civic Orchestra, 
30th Anniversary Season.
San Diego Civic Center, 
200 Park Ave., 10:30 a.m.,
$7.50-
$12.50.

MADRID The Spanish National
Operatic Company. "El Barbero
De Sevilla" (The Barber of 
Seville). Presented by the 
San Diego Opera. San Diego 
Operatic Center, 425 Pacific 
St., 8 p.m., $15-
$30.

NEW YORK The ballet troupe of 
American National Concert 
Orchestra. "The Nutcracker," 
8 p.m., $15-
$30,
$30-
$50.

Galleries

"Dance at the Hyatt," an 
exclusive exhibition at 
Hyatt Regency. San Diego 
International Airport, 
12000 Hyatt Regency Way, 
San Diego, 10 a.m.-5 p.m.,
free.

"The Nineteenth Century," 
an exhibition at the Mary 
Dodge Gallery. 9190 Cochita, 
San Diego, 10 a.m.-5 p.m.,
free.

"Diamonds Go Blind," an 
exhibition at the Bing 
T kompleks. San Diego 
Museum of Art, 1501 El 
Prado, 10 a.m.-5 p.m., free.

"North Sea," an exhibition at 
the Art Institute of America. 
801 W. Broadway, San 
Diego, 10 a.m.-5 p.m., free.

"Close Encounters," an 
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Joe Marillo is back at Elisa's Crystal Room Lounge
LA Jolla's Finest Jazz
The Joe Marillo Quintet
Wed-Sat 8:30-12:30

One week only
Yeah Yeah Yeah
Beatles

Bill Brackett

Scrimshaw

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B-52's
Monday, October 6th
San Diego Golden Hall
All seats $150 on sale now
Lame style!
Tickets available at Casita Box Office
Produced by Larry Wilton Presents

Le Chalet
Entertainment by the sea
No Cover—Music 9 p.m. nightly
Happy Hour 5 to 7 Well doubles

Joe Marillo

B-52's

Le Chalet

Snow Sharks
Le Rock and Roll Sunday

Untouchables
Music from the 60's
Monday, Tuesday

Crosscut
Wednesday, Thursday

Le Chalet Cuisine
Sunday
Beach Brunch
Cheddar cheese omelette, Beachcomber's meat sauce, golden hash browns, homemeade biscuits
$6.95

Monday
Spaghetti Feast
Burgers

Burger Meal Deal
Wednesday night you get 75% off our great burgers including homemade french fries

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Sunday: **INCOGNITO** Rock & Roll, New Wave

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Hot dogs 25c and free beers

Halls: 5-7th Floor

Free from 5-9pm

**Reader’s Guide to the Music Scene**

Thursdays, 2-10 pm

Performance Center Club, 11th Floor

Free Admission

**Program Guide**

Rise

Featuring Don Black on sax

Top 40, Soul & Oldies

Tuesday, 10-11 pm

**Pal Joey’s**

Live Music & Dancing

Tuesday 10-11 pm

Free Admission

**Tuba-Mans**

Grand Slam and Sports and Food

Live Bluegrass

This Saturday 8:00 pm

**Buck’s Ticket Service**

Specials:

- **Annie, Yes**
- **Ambrosia**
- **Kinks**
- **B-52’s**
- **Van Halen**
- **Commodores**
- **Elton John**

**Chargers Games**

Jethro Tull, Gary Numair

**Bacchanal**

Live from the Bacchanal

Admission:

- **Blitz Bros.**
- **Tweed Sneakers**

**Hill House Restaurant & Bar**

Freestyle

Open Mic Night

Sundays: 7-10 pm

Host: Gary Gilmour

**Newcomer**

**Newcomers**

**Ocean Front Dining**
Frederick's 21st Annual Ski Swap & Parking Lot Sale
Sat. October 4 10—5 p.m.

Last year's ski clothes up to 50% off.
Sell your old equipment
Tennis clothes up to 75% off
7560 Eads Avenue, La Jolla
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Sports

Frame Sale
save 50%!!!

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