City Lights

Will I Ever Fly Again, Doc?

Dr. Kent Gregory, San Diego State University

Swimming is a sport that has always been part of my life. I was diagnosed with a spinal cord injury twenty-five years ago, and since then I've dedicated myself to staying active and healthy. I even started my own swim team, the San Diego Sharks, which I'm very proud of.

Some people might think that swimming is just for fun, but I disagree. Swimming is a great way to stay in shape and improve your health. It's also a great way to meet new people and make new friends.

But there's more to swimming than just the physical benefits. For me, swimming is a way to stay connected to my pre-injury life. It's a way to keep my mind healthy and to keep my spirit alive.

When I first got my injury, I was devastated. I had to give up my dream of becoming a professional swimmer. I felt like my life was over. But then I started thinking about what I could still do, and I realized that I could keep on swimming.

I've been swimming ever since. And I've never looked back. I've been able to stay in shape and healthy, and I've been able to keep up with my friends and family.

So, when I think about swimming, I think about all of the things that I love about it. I love the water, I love the challenge, and I love the friendships.

But what I love most about swimming is the feeling of freedom that I get when I'm in the water. It's a feeling that I can't get anywhere else. And it's a feeling that I want to share with everyone.

So if you're looking for a way to stay healthy, to improve your fitness, and to have a lot of fun, I highly recommend giving swimming a try. You won't regret it.
SUNDAY, DECEMBER 7
NOON TO 7:00 P.M.

THE THIRD ANNUAL MISSION HILLS CHRISTMAS WALK AND OPEN HOUSE
SEAL MATTHEWS

Art Matthes paint and pill on old paint spattered yellow walls and "inspect the barn" as a barn pit in a barn. He used to work on the other side of the barn, but he's now in the barn pit. And he's still in the barn pit. He's still in the barn pit.

Art puts on a face-paint and pill on the old paint spattered yellow walls and "inspect the barn" as a barn pit in a barn. He used to work on the other side of the barn, but he's now in the barn pit. And he's still in the barn pit. He's still in the barn pit.

Art brings up a dazzling glass on both hands. He's still in the barn pit. He's still in the barn pit.

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Complete SHARP music system $298

Sharps SG-3810 stereo system. Everything you need in one compact package! Get a built-in AM/FM receiver plus a cassette deck with APS that finds the beginning of a song you want to hear at the touch of a button. Mounting rails, fully supplied stand and 2-way speakers with 8-inch audocones.

$298 complete includes FREE speakers: NAW 300, AMP 300 and remote control.

Complete SHARP system. Everything you need in one compact package! Get a built-in AM/FM receiver plus a cassette deck with APS that finds the beginning of a song you want to hear at the touch of a button. Mounting rails, fully supplied stand and 2-way speakers with 8-inch audocones.

$298 complete includes FREE speakers: NAW 300, AMP 300 and remote control.

Christmas Specials

Motobilt Plates $45 Complete
Sanjor Men's and Women's Leather Boots $65 Complete

Christmas Specials

Motobilt Plates $45 Complete
Sanjor Men's and Women's Leather Boots $65 Complete

A Cut Above The Rest

If you're looking for a peaceful and relaxing Christmas holiday, why not try these emeralds from Nautica? Each gemstone is carefully selected for its perfect cut and clarity. Available in various shapes and sizes, these jewels make the perfect gift for someone special in your life.

Nautica's Emeralds

Nautica's Emeralds

PACIFIC STEREO

The nation's largest dealer of name brand stereo components.

A Cut Above The Rest

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PACIFIC STEREO

The nation's largest dealer of name brand stereo components.
Quick Exits

DUNCAN SHEPPARD

Here I am, the usual two or two behind the wheel, with the usual two or two in the back seat. This is your usual scene to me, and for you now is it, and for all other times and places and places which would normally be considered normal, and not to be a problem. The usual scene, the usual things, and good news (good news) is seen on the back, but not for you anymore.

From the old yellow pages, Gasco is the best. Gasco is the best. Gasco is the best. Gasco is the best. Gasco is the best.

WANTED!

DR. JACK PEROLMAN
Optometrist

For fitting contact lenses and glasses with skilled proficiency at substantial savings.

One pair - soft contact lenses, complete with examination, care kit, training, and six months follow-up care.

Through December 31, 1980

Includes, back and front, American Optical, Dow Conrings, Ray-Ban, American Optical with soft lenses.

Anti-reflective soft lenses, gas permeable silicon lenses and flexible (conventional) lenses also available at low prices.

CANE FOUND AT

Vida Marketplaces
Cincinnati
Medicine
Avenue

1076 Glenn Ave. Pinehurst

233-3111

Winter Hours
Mon. thru Sat. 9:00 a.m. - 6:00 p.m.

FRAIZEE VACATION FREE

PAASCHE AIRDRUSH DEMONSTRATION

Featuring the following: Appliance Airbrush, Appliance Airbrush, Appliance Airbrush

ON PAASCHE MODELS H, V, VL & AE,

ON DECEMBER 6TH ONLY

Offering Airbrushes for free testing.

Come in and try one out!

Saturdays, December 6th, 10:00 A.M. - 6:00 P.M.

FRAIZEE PAINT & WALLCOVERINGS

3448 Mission Center Road • 297-4242

GNADE'S SEAFOOD RESTAURANT

The largest abalone supplier in the country. Specials: Baked Salmon, 5589 Claremore Road, at 805 571-0224

Grains 'n Greens
natural grocery

We're Open!
After many years of preparation, "Grains 'n Greens" now stands on the corner of Fifth and Main.

OPENING SPECIALS
20% off selected items

Our hours: Monday through Saturday, 7:00 a.m. - 9:00 p.m.
3707 Fifth Ave., Hillcrest
291-6900

NOTICE

Touché Boutique will remain open during the Christmas and New Year's holidays.

LADIES' FASHION
Stock Reduction Sale

For a Short Time Only, Touché Boutique will be offering a Stock Reduction Sale. The store will be open 10 a.m. to 5 p.m. Monday through Saturday and 12 noon to 4 p.m. Sunday. The sale will be limited to selected items and quantities.

20% to 60% off of regular retail prices

We are happy to accept returns within 7 days of purchase for a refund or exchange.

Touché Boutique
1650 Main St., Hillcrest
291-6900

PARTMENT

ON FRAIZEE MODELS H, V, VL & AE

ON DECEMBER 6TH ONLY

Offering Airbrushes for free testing.

Come in and try one out!

Saturdays, December 6th, 10:00 A.M. - 6:00 P.M.

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3448 Mission Center Road • 297-4242

GNADE'S SEAFOOD RESTAURANT

The largest abalone supplier in the country. Specials: Baked Salmon, 5589 Claremore Road, at 805 571-0224
No Progress

RENO WIN

The Greeting of Wisdom and Private Romance... is full of stories about the flowering experiences of young women with the security, youth and charm of beauty. It is also a book of some practical advice on how to handle situations and problems that young women face. It is written in an easy-to-read manner, making it suitable for reading in a quiet setting. The book is divided into chapters, each covering a different topic or situation. It is intended for all women who want to improve their lives and relationships. The author, a well-known writer and speaker, shares her insights and experiences in a way that is both informative and inspiring. It is a must-read for anyone who wants to learn more about the art of living and loving.
Houses, Houses on the Range

JEFF SMITH

Early in the national tour production of The House of Flowers, now

playing at the Finley Theatre, the
trick-and-tickle, feminine, upper-crust occupants of the

Chickens Nest are on stage singing and dancing about

their lives in a New York penthouse. It is a scene

that would seem to be a snapshot from a New York

magazine, except that the performers are women and

the songs are a bit more raunchy. The show is a

tribute to the womanly virtues of New York City.

The music is by Sam Myron, the lyrics by Harry

Lamon, and the staging by Zane Granger.

The production was directed by John Langley,

who is also the designer. The sets are by Albert

Donati, the costumes by Jack L. Bell, and the

lights by John V. Sherrill.

The show opened at the Alhambra Theatre and

has been playing there for the past two weeks.

The cast includes: Florence Eldridge, Dorothy

McKee, Edna May, Frances Langford, and Doris

Peterson.

The show is produced by the New York

Theatre Guild, which presents a new play each

week at the Finley Theatre.

An Orchestra Doesn't Conduct Itself

by Jonathan Saville

The management of Los Angeles' Century

Theatre is everything (including a free

supper menu), and the orchestra is

nothing (except a set of chairs and

a conductor's stand).

The Los Angeles Symphony Orchestra

under the baton of Seiji Ozawa

will perform at the Century on

Saturday evening, March 3.

The program will include:

Tchaikovsky's "Pathétique" Symphony,

Beethoven's Fourth Symphony,

and Arnold Schoenberg's "Third

Symphony."
Hundreds to make your
to make your

Superstars from CBS
only 399 ea.

License Pizza gift certificates may be the answer
Ask for the Pizza Saver - a $5 value - yours free!

Give the gift of music.

ESCONDIDO
15037 S. VALLEY PKY
(714) 499-2652

PACIFIC BEACH
1521 GARNET AVE
(714) 370-5150

CARLSBAD
2610 EL CAMINO REAL
(714) 729-1641

CLAIREMONT
5667 BALBOA AVE
(714) 360-2898
A beautiful book is a gift that's remembered... We have something special for everyone on your gift list.

Visit the Book Works this Holiday Season

Holiday Services include:
- custom gift wrap
- mailing arrangements to the U.S.A.

gift certificates

Open daily 10-9
Sundays 12-5

Pleasant Hill Center
2670 Via de la Valle
Del Mar 726-5396

Vineyard Center
1623 E. Valley Parkway
Escondido 741-9079

Off the Cuff

Where would you turn if people were tired of being found abortion?

Mary Gahania
Famous Mark
Bikini

They're so pleased to make a vacation in Arizona. Ours is a
officially called it and a
pressure. It's in the world
famous because of the
its beauty. They're

technical and a pleasure.

They like it much better than
than they have before. The

never have been

A quarter of a million dollars' worth of current 1980-81 ski fashions

All Weather Lights.

Performance World

Custom Ceiling Fans

We've come a long way...

Title IX
San Diego's Sporting Goods
Store for Women!

Just Arrived
Huge shipment of Dolphin shorts,
All Weather Shorts

Check out our many Christmas specials.

Dolphins

One pair of shorts per coupon
Offer expires 12/1/86
TO LOCAL EVENTS

The Forum will be held in the San Diego Convention Center, 1365 Pacific Hwy, San Diego. It will feature performances by dance companies, orchestras, and other musical groups from around the world. The event will run from December 20th to 24th, with tickets available for purchase online or at the venue itself.

Music
The Forum will feature a variety of musical performances, including classical concerts, jazz performances, and rock concerts. The forum will also include a series of lectures on music history and theory, with sessions held throughout the day. The lectures will be taught by renowned musicians and musicologists from around the world.

THE STAGE DOOR
The Stage Door is a popular venue in San Diego, featuring a variety of live performances, including plays, musicals, and comedy shows. The venue is located at 1234 Broadway, San Diego, CA 92101. The Stage Door is open from 6:00 PM to 11:00 PM, with shows running from 8:00 PM to 10:00 PM.

THE MAGIC COOKIE
The Magic Cookie is a popular restaurant in San Diego, featuring a variety of international cuisine. The restaurant is located at 567 Market St, San Diego, CA 92101. The Magic Cookie is open from 11:00 AM to 9:00 PM, with a daily specials menu.

FOR CHRISTMAS
Art Posters - Graphics
Art Posters Graphics offers unique and original art posters for sale. The art posters are created by local artists and feature a variety of subjects, including landscapes, cityscapes, and abstract designs. The art posters are available in a variety of sizes and are an excellent gift for the holidays.

HOLIDAY SPECIALS
Wedding Gowns
50% off
As low as $179
Visit our salon for your free gift
Babs Bridal & Formals
1234 Main St, San Diego, CA 92101

Cabrillo Art Center of Ocean Beach
The Cabrillo Art Center of Ocean Beach offers a variety of art classes and workshops for all ages. The center is located at 1234 Ocean Blvd, San Diego, CA 92101. The art center is open from 10:00 AM to 5:00 PM, with classes running throughout the day.
READER'S GUIDE

National Senior Homeless Tenants Network, a new organization serving tenants in senior housing. A series of workshops and a brief history of the group will be held. December 11, 5 p.m. Channel 106.

Monroe 4. National Women's Basketball League, December 7, 6 p.m. Channel 106.

Monroe 5. Annual Student Art Show, December 7, 7 p.m. Channel 106.

Monroe 6. Women's Basketball League, December 7, 7 p.m. Channel 106.

Monroe 7. National Women's Basketball League, December 7, 8 p.m. Channel 106.

Monroe 8. National Women's Basketball League, December 7, 9 p.m. Channel 106.

National Women's Basketball League, December 7, 10 p.m. Channel 106.

National Women's Basketball League, December 7, 11 p.m. Channel 106.

National Women's Basketball League, December 8, 12 a.m. Channel 106.

National Women's Basketball League, December 8, 1 a.m. Channel 106.

National Women's Basketball League, December 8, 2 a.m. Channel 106.

National Women's Basketball League, December 8, 3 a.m. Channel 106.

National Women's Basketball League, December 8, 4 a.m. Channel 106.

National Women's Basketball League, December 8, 5 a.m. Channel 106.

National Women's Basketball League, December 8, 6 a.m. Channel 106.

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National Women's Basketball League, December 11, 4 a.m. Channel 106.

National Women's Basketball League, December 11, 5 a.m. Channel 106.

National Women's Basketball League, December 11, 6 a.m. Channel 106.

National Women's Basketball League, December 11, 7 a.m. Channel 106.
READER'S GUIDE TO THE MUSIC SCENE

This Week's Concerts

From: "This Week's Concerts" in "Reader's Guide to the Music Scene"

San Diego Concerts

San Diego, CA: Music Struggle Now presents a two-day reggae festival featuring Earl Zero, the Vapors, and Rebell Rockers. The festival is held at the Roxy Theater on Sunday, December 28, from 7:30 pm to 11:00 pm. Tickets are available at all Ticketron outlets for $5.75.

San Diego, CA: The Prophet presents a reggae concert featuring Earl Zero and Rebell Rockers. The concert is held at the Roxy Theater on Friday, December 26, and Saturday, December 27, with two shows at 8:00 pm and 10:30 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring Claude Conna and his LV. The concert is held at the Roxy Theater on Sunday, December 28, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The New No's. The concert is held at the Roxy Theater on Tuesday, December 30, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Fungus. The concert is held at the Roxy Theater on Thursday, December 25, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Wednesday, December 24, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Tuesday, December 23, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Monday, December 22, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Sunday, December 21, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Saturday, December 20, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Friday, December 19, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Thursday, December 18, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Wednesday, December 17, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Tuesday, December 16, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Monday, December 15, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Sunday, December 14, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Saturday, December 13, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Friday, December 12, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Thursday, December 11, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Wednesday, December 10, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Tuesday, December 9, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Monday, December 8, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Sunday, December 7, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Saturday, December 6, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Friday, December 5, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Thursday, December 4, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Wednesday, December 3, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Tuesday, December 2, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Monday, December 1, at 8:00 pm. Ticket prices are $13.

San Diego, CA: The Prophet presents a concert featuring The Cobras and Frank Zappa. The concert is held at the Roxy Theater on Sunday, November 30, at 8:00 pm. Ticket prices are $13.
**Live from the Bacchanal**

**Metro Music**

**The Mechanics (from L.A.)**

**The Mark Vengeance & X-Caliber**

Friday, 10 p.m., December 5

**Stone's Throw**

"Soft Lights & Sweet Music"**

**Tony Kampmann presents**

**Zebra Club**

500 S.W. Avenue Market

**Johnny Van Zant Band**

**Incognito**

**Zippers**

**Happen**

**This Kids**

**Ruckus Aircraft**

**Rockin' Stevie W.**

**Bacchanal**

**Galaxy New Year Party**

Thursday, December 20

**Posters Emporium Ticket System**

578-SNOW

350 Market St., 350 Market St., Downtown

**Poster Emporium**

**Jewish Singles**

29-30

**Distillery**

**North County**

**Clean Up**

"A Kozy Night in Siesta"**

**Lerch's Cabaret Joint Effort**

**Lerch's Greenhouse Restaurant & Theatres**

2558 Campus Dr., La Jolla, 723-1000

**In North County Open Now**

**Ticket Outlet at**

Katanula Trading Co.

3076 Carlsbad Blvd., (714) 434-4334

A general representative for the clearance and remainder.

**Poster Emporium Ticket System**

578-SNOW

350 Market St., 350 Market St., Downtown

**Poster Emporium**

**Jewish Singles**

29-30

**Distillery**

**North County**

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**Ticket Outlet at**

Katanula Trading Co.

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**CURRENT MOVIES**

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**The America Syndrome**... In July, the much-anticipated return of the most popular hit show in town. A tale of love and intrigue that spans the globe. Starring Mary Astor, Don Dillwyn, and John Phillip Law. Directed by Michael Landon. A Metro-Goldwyn-Mayer film. Rated PG. **120 min.**

**Groovy Treasures**... In November, the ultimate in cult classics. A collection of lost films, including rare footage of the early years of cinema. Starring Joe E. Brown, Marlene Dietrich, and Clark Gable. Directed by David Lean. A Metro-Goldwyn-Mayer film. Rated PG. **120 min.**

**Zinnia**... In October, a love story set against the backdrop of World War II. Starring Robert Mitchum, Ann Blyth, and Michael Ansara. Directed by John Ford. A Metro-Goldwyn-Mayer film. Rated PG. **120 min.**


**Current Events**... In October, the latest in current events. A look at the world's most pressing issues. Directed by Frank Capra. A Metro-Goldwyn-Mayer film. Rated PG. **120 min.**
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